

**The Changing Tides of Cape Cod and the Islands:
Youth Summit 2009**
by Katri Mullaly

The 6th Annual Youth Summit was held on Friday, March 20, 2009 at the Cape Cod Community College. The theme this year was "Navigating the Changing Tides of Life on Cape Cod" addressing the changes we are all facing within our lives and within the community. The speakers and panels focused on staying on COURSE emphasizing six areas of life – Collaboration, Organizations that Care, Unity, Resources, Safety and Empowerment.



Steven Wolf, Cape Cod YMCA doing African Drumming at the Youth Summit

Participation at the Summit was tremendous, with more than 200 guests and more students than adults attending this year! A couple of schools sent groups of 15 to 20 youth. Many of the youth were overheard expressing their excitement about how much they learned during the day.

The summit began with Charlie Rose, the Vice President and Dean of City Year, Inc. He got the guests on their feet and energized for the day! Echoing the importance of staying the course and working collaboratively, he used the example of how geese fly in formation helping each other to work more efficiently and effectively as a team rather than individually.

A slide show created by Kerry Bickford followed with photos from several youth and family organizations across Cape Cod doing what they do best – providing fun and educational opportunities for residents of Cape Cod!

The resource area continues to be of interest for organizations. This year we had over 20 organizations in attendance, providing information and resources to visitors, as well as networking with each other.

New this year was lunch sponsored by the YMCA and Breakaway Oil. Everyone feasted on salad, chips, burgers and hot dogs cooked by the Dr. of Grillology, Ken Foster, on the X-Grill – an oil truck which has been modified to be a large traveling gas grill. It was amazing feat, to feed over 200 people in about 30 minutes!

We honored Sue Rohrbach, District Aide for Senator O'Leary, with the Community Champion Award for 2009. She has been a constant source of support and information for the Cape & Islands and exemplifies a champion in every sense of the word.



Sue Rohrbach receiving award
Photo by Jodi Lott, Be Still Photography

The afternoon workshops were geared toward youth and although some had to leave, quite a few stayed to enjoy the drumming and photography workshops.

Overall, definitely a day to remember! The Summit satisfied all and brought together a large group of adults and youth focusing on life here on Cape Cod. We should all be proud to be part of the Barnstable County Council for Children, Youth and Families!

2009 Cape Youth Force Grantees:

- **\$750 to Bridges Associates, Inc.** to support the "Leadership Think Tank" which is a program where leaders, ages 17-24, work with students in grades 7-12 to organize games, social enrichment, and recreational activity.
- **\$800 to the Boys and Girls Club of Cape Cod, Inc.** to support the clean-up and painting of the skate board park in Mashpee.
- **\$350 to Crystal Gardens** to support a new after school program, for young people ages 6-16, to receive assistance with homework assignments through enrichment activities, and opportunities to engage in a variety of arts, cultural experiences and recreational activities.
- **\$850 to Independence House** to send Independence House's youth outreach worker to a train the trainer's workshop on the Mentors in Violence Prevention program. The youth outreach worker will train students about verbal, emotional, physical, and sexual abuse, so that they can act as a resource for the rest of their peers.
- **\$500 to the Robert F. Kennedy Children's Action Corp** to support the "Youth in Progress" program
- **\$750 to the Southeast Alternative School** to provide a monthly program for students with special needs to integrate them into community-based, social activities.

Principals Visit the Newly Renovated YMCA and get some information on resources on Cape Cod
By Kevin Turner

Principals from across the Cape and Islands were invited to an open house by the BCCFYC at the Cape Cod YMCA on Friday May 15th. Members of the Steering Committee met with the principals' to report on the resources available to the schools through the council and its members. Harwich High principal Kevin Turner, who chairs the Principals Association, was thrilled with the abundance of information available to educators and in a letter to Turner, Morse Pond Elementary School Principal Jane Manzelli wrote

"I want to thank you for organizing the amazing collection of agencies that are available to the Cape and Islands schools. I wish I had brought my guidance counselors because I don't believe they know the extent of what is available to support families and at-risk students. I didn't know where to turn. It was incredible to meet such quality people working to support children. Thank you again for planning this fabulous event!"

In response to Jane's comment about the desire to share information with local guidance counselors, Kevin has organized another presentation by the BCCCYF with the Cape & Islands Guidance Counselors Association on June 11th.

**Boys and Girls Club of Cape Cod:
Youth of the Year**
by Ruth Provost



Alan James accepting his award

The Boys & Girls Club is proud to announce that Alan James, a Mashpee High School senior and the 2009 Youth of the Year at the Boys & Girls Club of Cape Cod, was named the Massachusetts Youth of the Year at the State Youth of the Year Dinner at Framingham State College by Boys & Girls Clubs of America. As the Boys & Girls Club of Cape Cod Youth of the Year, Alan James received a \$1,000 college scholarship from the Boys & Girls Club of Cape Cod and the 99 Restaurant, a regional sponsor of the Youth of the Year program, will give him a \$99 Ninety Nine Gift Card and a \$199 American Express Card. He receives another \$1,000 Scholarship as Massachusetts Youth of the Year, a three day trip to NYC where he will compete for the Regional Youth of the Year title and another \$5,000 in scholarship money, and the chance to be named the National Youth of the Year, win an additional \$10,000, and meet with President Obama at the White House. Congratulations Alan!

**Cape Cod Justice For Youth Collaborative
Marches Forward**
By Kathy Quatromoni & Steve Brown

This has been a year of transition for the Cape Cod Justice for Youth Collaborative. Our founder and mentor, Judge Joseph Reardon, continues to set the example for strengthening restorative justice opportunities for youth in the County. Like many non-profit ventures, our progress has been stymied by a lack of sustainable funding. The Steering Committee continued to meet monthly and hosted several workshops for the community over the course of past year. We bade farewell to our coordinator, Morgan Clark, as she embarked on a PhD Program at UMass. While we felt joy and thanksgiving for her, we knew that the loss of her leadership would leave a void that would be hard to fill. In February 2009, the Steering Committee held a strategic planning retreat, and set four objectives for 2009-2010:

1. To continue to strengthen the Cape Cod Justice for Youth Collaborative by hiring a coordinator to provide consistent leadership by July 1, 2009
2. Implement a Youth Court, based on a best-practice model, in one Cape Cod High School by September 1, 2009
3. Prepare and present a presentation to establish and improve awareness of the Cape Cod Justice for Youth Collaborative's Mission and Vision on the part of 15 Town Police Departments, the State Police, and the Sheriff, within 12 months
4. To identify a specific group of students who are disengaged, in a specific geographic area, and mentor them so that they will increase their participation in peer mentoring during the 2009-2010 school year; and assist redistricted Barnstable students in their transition to other schools during the 2009-2010 school year, working with a transition team or teams from the schools that and will document children's pre and post-transition level(s) of comfort and achievement.

The second objective has since been modified to recognize that one good interim step to a Youth Court would be to establish and/or strengthen peer mediation programs within schools. This objective has led to productive meetings with school systems that have established long-term peer mediation programs, and documenting the effectiveness of these programs in improving student outcomes: lowering the drop-out rate, lowering the incidence of suspensions; raising the academic and extracurricular success of the student body, and creating a culture of trust and respect within the school.

The CCJFYC will continue to pursue these priority objectives, and looks forward to emerging from its time of transition as a strong force for justice for all youth in the County.



BCCCYF delegation with Congressman Bill Delahunt in Washington, DC for the America's Promise National Forum in September 2008.
(Coren Peacock, Kristin O'Malley, Beverly Costa-Ciavola, Congressman Bill Delahunt, Kerry Bickford, Steve Brown, Stefanie Coxie)

The Health of Children in Massachusetts
By Senator Rob O'Leary

Thirty percent of Massachusetts school children are overweight. When I first read that statistic I was shocked; but the more you learn about obesity in our schools, the scarier it gets. Over the past, decade obesity rates have more than tripled among our school children. When I was in school, I remember looking forward to daily recess, but today teachers struggle to find time to fit in all of the academic coursework they are expected to complete, leaving little time for recess and other forms of exercise or health education. Massachusetts law only mandates that schools provide students with thirty minutes of physical activity a week, and even when you include playtime at the home, a third of Massachusetts school children report exercising less than three times a week.

In April, the Massachusetts Department of Public Health passed a regulation that will require every school in the state to test the Body Mass Index (BMI) of students in first, fourth, seventh and tenth grades. The Body Mass Index is a test that determines if your weight is appropriate for your height, and while it isn't a conclusive test, it is an important part of the big picture. The results of the test will be mailed home to parents confidentially, and parents are allowed to opt out of the testing. It is important that the results are readable and that parents are provided with information about how to seek further evaluation and appropriate follow-up.

This session, I have been granted a new legislative Chairmanship, Chairman of the Joint Committee on Education. Through this position, I hope to work on a variety of issues facing our school children, including finding a comprehensive way to address the growing problem of childhood obesity. As I explore how to best address this issue, I welcome input from constituents. Together we can make a brighter future for children in Massachusetts.

**Youth At Mall Night:
Supporting the America's Promise Alliance**
By Sally-Ann Imes, Town of Barnstable Youth Services

The Town of Barnstable Youth Services Division in collaboration with the Barnstable Youth Commission and the Cape Cod Mall had another successful school season with the Youth at Mall Night program for 2008 – 2009.

Youth at Mall Night (YaMN) is based on the America's Promise Alliance for young people. YaMN provides the five promises to young people which are safe places, caring adults, effective education, a healthy start, and opportunities to serve. YaMN is a **SAFE PLACE** for youth to meet their friends in the food court of the Cape Cod Mall and watch appropriate entertainment usually performed by their peers.

CARING ADULTS from human service agencies across Cape Cod set up display tables during Youth at Mall Night to provide **EFFECTIVE EDUCATION** about the free services they provide to youth, children, and their families including participation by **HEALTHY START** programs. The Barnstable Youth Commission members are always there to provide their peers with **OPPORTUNITIES TO SERVE** by empowering youth to register to vote and providing information about volunteer service programs in the community. Many of our BCCCYF members participate in YaMN, and we hope to see the program continue into the 2009-2010 School Year.

Take Charge! At Home Project, Bridges Associates
By Mary-Jane Beach

Thanks to the Cape Cod Youth Empowerment Initiative, our Take Charge! At Home Project is off and running. The new Youth Leadership Think Tank (a team of advisors and youth leaders) has been busy planning projects and getting organized to offer expanded enrichment and coaching programs. Youth and advisors working together designed the Public Service ad in the Cape Cod Times, which, along with the logo, which will be used for Youth Leadership Activities. Check out www.bridgesassociates.com for updated information and project details.





The Council Connection

Barnstable County Council for Children, Youth and Families

JUNE 2009



The BCCCYF is a unified network that promotes the health and well being of children, youth and families on Cape Cod and the Islands.

Thank You, PJ!

As we celebrate the end to another successful BCCCYF year, it is also time to say good-bye to our fearless leader, PJ Richardson. Not that we will let him get too far away, but June officially marks the end of his reign as BCCCYF co-chair.



Everyone who knows PJ can attest to the fact that he is extremely dedicated and passionate about his work. He is not afraid to speak his mind or to advocate for what he knows is right, fair, and just. He pushes on and persists until the work is complete and will not sleep (literally!) until the work is done. Although PJ always jokes about his "ability to voice his opinions", the rest of us know that PJ's actions and decisions are always made with the best intentions of others in mind. His commitment to the Council is obvious to all who know and work with him, and for that, we could not be more grateful.

There are many examples of PJ's dedication to the Council, but this year, one of those rises to the top. Every year, the idea of planning yet another Summit seems more and more daunting. We all know that there are not a lot of hands being raised when looking for someone to chair the Summit committee. This year, PJ grabbed the bull by the horns and led his team to hosting what many have claimed to be the best Summit yet! It takes a true leader to lead the troops to pull off that magnitude of event and to do it so successfully, and they got it done!

We could go on and on, but the main thing we want PJ to know is how much we greatly appreciate your humor, your leadership, your insight, and your commitment to all you do on behalf of children, youth, and families on Cape Cod and the Islands. We all look forward to continuing to work together in the future, and thank you for your years of service as a leader within the BCCCYF!

With much gratitude,
 Kristin O'Malley, Co-Chair
 Beth Gaffney, Incoming Co-Chair
 The Steering Committee and the general membership of the Barnstable County Council for Children, Youth, and Families

Barnstable County Council for Children, Youth & Families 2008-2009 Steering Committee

- Kristin O'Malley, Co-Chair, The Cape Cod Foundation
- PJ Richardson, Co-Chair, YMCA Cape Cod
- Kerry Bickford, Barnstable County/UMASS Extension
- Steve Brown, UMASS Donahue Institute
- Beverly Costa-Ciavola, Independence House
- Beth Gaffney, CACCI/Child Care Network
- Cindy Horgan, Cape Cod Children's Place
- Peggy Meenan, Kids & Teens Behavioral Health Assessment Center
- Kathy Quatromoni, District Attorney's Office
- Jennifer Sheehan, Cape Cod Neighborhood Support Coalition
- Kevin Turner, Harwich High School

2008-2009 Cape & Islands Youth Congress

The *Cape and Islands Youth Congress*, an initiative of the BCCCYF, is a diverse group of high school aged individuals who are working together to enhance their community, promote positive change, and better prepare themselves and their peers for the challenges they face as young people. Now in its' third active year since it was re-initiated, the Congress is truly a youth-led group. Although adult advisors help to provide structure and framework, the young people truly prioritize and select their activities. The group this year identified three areas in which to focus their work: drug and alcohol use/abuse among young people; expanding recreational activities for young people (including organizing Cape-wide events); and bullying/teasing in and out of school. In addition, members of the Congress are involved in various other community volunteer projects.

To support these efforts, the group: issued guidelines, reviewed proposals, and made recommendations for the Cape Youth Force Grant Program, to help fund organizations and programs offering youth-focused and/or youth-led initiatives for young people in grades 7-12 (grantees listed on page 2); composed a survey to local recreation and community centers to help catalogue current services and resources for young people across the Cape & Islands; and started investigating possible ways to increase funding support for school-based programs that address teasing/bullying and the breaking down of barriers. The group also was instrumental in organizing the youth-track at this year's Youth Summit.

The 2008-2009 Cape & Islands Youth Congress was composed of students from Barnstable High School, Bourne High School, Cape Cod Regional Technical High School, Chatham High School, Dennis-Yarmouth Regional High School, and Harwich High School. The goal is to include young, diverse, student leaders from all of the Cape & Island High Schools.

If you are interested in learning more about the Cape & Islands Youth Congress and how to get involved, or have ideas for us about outreach, please email capeandislandsyouthcongress@gmail.com or call Kristin O'Malley at 508-790-3040.



2008-2009 Steering Committee with Sue Rohrbach at the Youth Summit 2009 (missing from photo: Cindy Horgan, Steve Brown, Jennifer Sheehan)
 Photo by Jodi Lott, Be Still Photography, www.bestillphotography.com

Barnstable County
 Dept of Human Services
 PO Box 427
 Barnstable, MA 02630



Child Care Planning Project-2009 Steps By Kerry Bickford, Barnstable County/UMASS Extension

In June 2008, the BCCCYF asked Christine Johnson-Staub to research and write an addendum to the Barnstable County Child Care Planning Report (January 2008), focusing on the availability of school-age child care, particularly in the region's public schools. Christine surveyed public schools on-line and by phone, and collected additional data from the Child Care Network and other sources. One of the recommendations that came out of this research project was "...to begin building partnerships at the community level to address that need, including outreach to area schools and existing school age child-care providers to evaluate the potential of their current partnerships."

As a result of these findings, the Child Care Planning Committee (Cindy Horgan, Beth Gaffney, Jennifer Sheehan and Kerry Bickford) hosted a professional development workshop entitled "Making It Happen: the Power of Collaboration" on May 1, 2009. Over 20 local providers from nine after-school programs attended, and participated in a powerful presentation during which Christine, Pat Armstrong (Director, Yarmouth Rec) and Bobbi Moritz (Barnstable Public Schools) shared some valuable information and tools to help increase collaboration and improve grant writing skills. The CCPC is currently planning one more professional development training session, stay tuned for details. If you are interested in contributing to our work or offering new ideas and/or information, please feel free to contact Kerry Bickford at 508-375-6695

Did you know...

The members of the Barnstable County Council for Children, Youth and Families have put in an estimated **2700 hours** toward the council? Using the volunteer pay rate (\$20.25), that is equal to almost **\$55,000** in time towards making Cape Cod and the Islands a better place for our Children, Youth and Families!

4-H Mini-grants" Make a Difference" in FY 09 By Kerry Bickford, Barnstable County/UMASS Extension

In October of 2008, the Barnstable County 4-H Youth Development program released an RFP for mini-grants to afterschool providers Cape wide. BCCCYF is particularly grateful to former County Commissioners Mary Leclair and Lance Lambros, and County Commissioner Bill Doherty for designating \$25,000.00 to after school programs across Cape Cod, during a particularly tough budget year. Thanks for your investment in youth!

The following is a list of recipients/programs that received support through the mini-grant program:

Cape Cod Child Development's Salt Water Aquarium Program, Barnstable-West Barnstable Elementary School Environmental Program, Grace Ministries Multimedia Program, Harwich High School Afterschool Open Studio Program, Harwich High School Athletic Program, Hyannis Public Library Marine Animal Program, Mattacheese Middle School Beekeeping Afterschool Program, Mullen Hall Afterschool Activity Program, Oak Ridge School Robotics Program, Provincetown Recreation Afterschool Program, Veteran's Memorial Afterschool Program, W. Falmouth Library Healthy Living Program, YMCA High Flight Program, and many other programs through the 4-H Youth Development's Afterschool Program and two afterschool provider professional development workshops.

Thanks to our Youth Summit 2009 Sponsors!

- Commonwealth of Massachusetts
- Cape Cod Times
- Cape Cod Neighborhood Support Coalition
- Boston Medical Center HealthNet Plan
- YMCA Cape Cod
- Breakaway Grill in South Dennis and Mashpee